

## Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, and the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2394 3-7 yrs Sep 17-Nov 5 Sat 9:30-10:30 am**

## Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette, while the last six weeks are spent integrating these skills into individual league play, all while establishing a bowling average. House balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2395 8-17 yrs Sep 17-Nov 5 Sat 9:30-10:30 am**

## Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a **15-student limit** for this class. Ages 5 to 15 may attend. [www.laukunedo.com](http://www.laukunedo.com).

Instructors: Tai Weidmann and Mathew Carver

Fee: \$60 per participant – Resident  
\$65 per participant – Non-Resident  
(4-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St #207)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

<b>Act#: 2396</b>	<b>5-9 yrs</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>3:00-4:00 pm</b>
<b>Act#: 2397</b>	<b>5-9 yrs</b>	<b>Sep 13-Oct 6</b>	<b>Tue/Thu</b>	<b>4:00-5:00 pm</b>
<b>Act#: 2398</b>	<b>10-15 yrs</b>	<b>Sep 12-Oct 5</b>	<b>Mon/Wed</b>	<b>4:00-5:00 pm</b>
<b>Act#: 2399</b>	<b>10-15 yrs</b>	<b>Sep 13-Oct 6</b>	<b>Tue/Thu</b>	<b>3:00-4:00 pm</b>

## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes  
Pittsford Park (21701 Pittsford Dr)

Wednesday classes  
Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2400</b>	<b>3-5 yrs</b>	<b>Sep 19-Nov 7</b>	<b>Mon</b>	<b>3:30-4:30 pm</b>
<b>Act#: 2401</b>	<b>6-7 yrs</b>	<b>Sep 19-Nov 7</b>	<b>Mon</b>	<b>4:30-5:30 pm</b>
<b>Act#: 2402</b>	<b>8-12 yrs</b>	<b>Sep 19-Nov 7</b>	<b>Mon</b>	<b>5:30-6:30 pm</b>
<b>Act#: 2403</b>	<b>3-5 yrs</b>	<b>Sep 21-Nov 9</b>	<b>Wed</b>	<b>3:30-4:30 pm</b>
<b>Act#: 2404</b>	<b>6-7 yrs</b>	<b>Sep 21-Nov 9</b>	<b>Wed</b>	<b>4:30-5:30 pm</b>
<b>Act#: 2405</b>	<b>8-12 yrs</b>	<b>Sep 21-Nov 9</b>	<b>Wed</b>	<b>5:30-6:30 pm</b>

## Family

### Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$55 – Resident  
\$60 – Non-Resident  
(3-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2406 Families Nov 30-Dec 14 Wed 5:00-6:00 pm**

### Could we have your email address?

In order to keep you in the loop with exciting news and various class and program updates from Community Services, it's important that we have your current email address. Just give us a call during normal business hours and we'll update your family account with the info. If you don't already have a family account set up with us, we can help you with that, too!

## Dog Obedience Class

This class focuses on basic obedience and solving behavior problems such as biting, jumping, barking, chewing, and digging. The primary goal is to turn the unruly pet into an enjoyable, well-mannered companion and a member of the family. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. This course is designed for dogs at least 4 months of age or older.



"Lexi" Rice

***(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date, will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers. On-Line registration is not available for discount program.)***

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70 – Non-Resident  
(8-week session)

Location: Heroes Park (25420 Jeronimo Rd)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2407 Families Sep 14-Nov 2 Wed 6:30-7:30 pm**

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2408 10-Adult Dec 10 Sat 10:00 am-5:00 pm**

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 27-28 for more info.

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope.** *Please Note:* This is not a Healthcare Provider level course. **(Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2409</b>	<b>10-Adult</b>	<b>Sep 21</b>	<b>Wed</b>	<b>7:00-9:45 pm</b>
<b>Act#: 2410</b>	<b>10-Adult</b>	<b>Oct 12</b>	<b>Wed</b>	<b>7:00-9:45 pm</b>
<b>Act#: 2412</b>	<b>10-Adult</b>	<b>Nov 16</b>	<b>Wed</b>	<b>7:00-9:45 pm</b>
<b>Act#: 2411</b>	<b>10-Adult</b>	<b>Dec 10</b>	<b>Sat</b>	<b>12:30-3:00 pm</b>

## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for three years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident  
\$5 – Non-Resident

**(Pre-registration is required for this course and space is limited)**

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2413 10-Adult Dec 10 Sat 3:00-5:00 pm**

## Done with this brochure?

Don't throw it away! Pass it on to your friends and family so they can sign up for our great Fall programs too!

